

- 21/3. A method according to Claim 1, wherein the wet carrier is a natural material.
- 22/4. A method according to Claim 3, wherein the wet carrier is formed from fruit. →
- 23/5. A method according to Claim 3, wherein the wet carrier comprises a fruit product  
selected from the group consisting of fruit juice and fruit pulp. →
- 24/6. A method according to Claim 1, wherein the at least one vitamin comprises two or  
more vitamins.
- 25/7. A method method according to Claim 1, and including the step of calculating the  
amount of vitamin to add to the carrier by reference to the vitamin content or concentration required ✓  
in the freeze-dried product.
- 26/8. A method according to Claim 1, and including the step of freeze-drying the mix in ✓  
discrete units.
- 27/9. A method according to Claim 1, and including the step of choosing the vitamin  
concentration in the mix which will provide in each freeze-dried unit a predetermined dose of  
vitamin.
- 28/10. A method according to Claim 9, wherein the predetermined dose is a recommended  
daily allowance or simple fraction thereof.
- 29/11. A vitamin delivery product comprising an ingestible freeze-dried mix of at least one  
vitamin and an ingestible carrier.
- 30/12. A product according to Claim 11, wherein the carrier is a natural material.

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